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PR PRIDE

Thousands attended Sunday's Puerto Rican Day
Parade, including Gov. Cuomo and U.S. Rep.
Alexandria Ocasio-Cortez. Absent from the parade,
however, was Mayor Bill de Blasio. 2

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NEWS



Ricky Martin. ALL IMAGES GETTY IMAGES

NATIONAL PUERTO RICAN DAY PARADE 2019

A no-show at the parade was Mayor Bill de Blasio.



LENYON WHITAKER
lenyon.whitaker@metro.us

The 2019 National Puerto Rican Day Parade took place Sunday with thousands of people taking over Manhattan's Fifth Avenue to celebrate Puerto Rican culture, heritage and the millions of people of Puerto Rican descent living in the United States.

Singer Ricky Martin served as this year's grand marshal and led a group of honorees that included former Major League Baseball star Edgar Martinez, musician Jose Feliciano and singer La India, who was named the parade's madrina (godmother) this year.

Gov. Andrew Cuomo marched in Sunday's parade, as did U.S. Rep. Alexandria Ocasio-Cortez.

Missing from Sunday's parade was Mayor Bill de Blasio, who was in Iowa campaigning, according to CBS News.

It's the largest parade and celebration of Puerto

Rican culture and pride in the country. Now in its 62nd year, the annual parade continues to honor leaders, educators, entertainers and celebrities who have had a major impact within the Puerto Rican community and nationwide.

The theme of this year's parade was "Un Pueblo, Muchas Voces" ("One Nation, Many Voices") and celebrated "the creativity and diversity of thought in Puerto Rico and across the diaspora," according to the parade's organizers.



Alexandria Ocasio-Cortez.



Gov. Andrew Cuomo is seen at the 2019 Puerto Rican Day Parade.



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Biden still leads in 2020 Iowa poll, de Blasio scores a zero

The mayor was one of two candidates to not receive a single vote.

Former Vice President Joe Biden still leads the Democratic pack of presidential contenders in a poll of Iowa voters released on Saturday, with Bernie Sanders, Elizabeth Warren and Pete Buttigieg in a tight battle for second place.

Biden is the first choice of 24 percent of likely Democratic caucus-goers in Iowa, the state that kicks off the presidential nominating race next February, in the Des Moines Register/CNN/Mediacom Iowa Poll.

Sanders, a U.S. senator, was the first choice for 16 percent of respondents, while Sen. Warren, and Buttigieg, the mayor of South Bend, Indiana,



Bill de Blasio on a recent campaign stop in South Carolina.

GETTY IMAGES

were at 15 percent and 14 percent, respectively. No other candidate managed double-digits.

Sen. Kamala Harris registered 7 percent, and Sen. Amy Klobuchar and former Texas Congressman Beto O'Rourke are both at 2 percent. Seven candidates registered 1 percent.

Mayor Bill de Blasio was one of two candidates to not receive a single mention in the poll, according to the Des Moines Register. Miramar, Florida, Mayor Wayne Messam was the other candidate.

"We're starting to see the people who are planning to caucus start to so-

lidify," said J. Ann Selzer, president of Des Moines-based Selzer & Co., which conducted the poll. "There's a lot more commitment than we normally see this early. And some of these candidates who've been under the radar start to surface and compete with Joe Biden."

She said many candidates in the large field had failed to make a breakthrough. Nine did not register support in the poll.

"There's always been a question mark as to how many can get any real traction," Selzer said.

The Register's Iowa poll has a long track record of relative accuracy in the state.

More than 20 Democrats are vying for the right to challenge Republican President Donald Trump, who will formally launch his re-election bid on June 18. Biden has been the consistent leader in most national and state polls since he first entered the race in late April. Sanders runs second to Biden in most polls.

The Register said the poll methodology had changed from its last few surveys. As a result of new caucus rules, the poll this

time included a blend of those who plan to attend a caucus in person and those who will participate in a virtual caucus online or by phone.

That makes the results of this poll not directly comparable to past polls of the presidential field, the Register said. Biden also led in the last poll in March, with Sanders in second. Warren and Harris were in third and fourth place in March, and Buttigieg was largely unknown.

The Iowa poll was released on the eve of the biggest gathering of the Democratic race so far, an Iowa state party dinner in Cedar Rapids that was to feature five-minute speeches by 19 Democratic candidates.

The poll was conducted between June 2 and 5, with a margin of error of plus or minus 4 percentage points. REUTERS

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President Trump talks about the U.S.-Mexico border during fundraising roundtable in San Antonio, Texas. REUTERS

More details to come on Mexico immigration deal, Trump says

The agreement would immediately expand the Migration Protection Protocols implementation.

President Donald Trump defended his administration's deal with Mexico against criticism that there were no major new commitments to stem a flow of Central American migrants crossing into the United States, and said on Sunday more details would soon be released.

Key aspects of the agreement are still unclear, including whether Mexico has pledged to buy more U.S. agricultural products and if the deal materially expanded a previous commitment by Mexico to more vigorously police its southern border with Guatemala.

Top Democratic senators said many aspects of the deal were not new, while the Mexican ambassador to the United States declined to confirm whether it contained any commitments on agricultural goods.

"Importantly, some things not mentioned in yesterday [sic] press release, one in particular, were agreed upon."

President Trump

The deal, announced on Friday after three days of talks in Washington, averted Trump's threatened imposition of 5 percent import tariffs on all Mexican goods that had been due to start on Monday unless Mexico committed to do more to help reduce an increase in migrants arriving at the U.S. southern border.

"Mexico was not be-

ing cooperative on the Border ... and now I have full confidence, especially after speaking to their President yesterday, that they will be very cooperative and want to get the job properly done," Trump said on Twitter.

"Importantly, some things not mentioned in yesterday [sic] press release, one in particular, were agreed upon. That will be announced at the appropriate time," he added.

Trump did not elaborate and the White House and State Department did not immediately respond to requests for comment.


Friday's joint communique broadly sketched the terms of the agreement, but contained few details.

The agreement expedites a controversial program known as the Migration Protection Protocols which was announced in December. That program sends migrants seeking asylum in the United States to wait in Mexico while their cases are being processed.

Friday's agreement would see the United States immediately expand the implementation of the MPP across its entire 2,000-mile southern border, the State Department said on Friday.

The deal will also see Mexico deploy the National Guard police force to its southern border, where many Central American migrants enter Mexico.

On Saturday, a New York Times report, citing officials from both countries familiar with the negotiations, said most of Friday's deal had already been sketched out in March, when Mexico agreed to deploy its National Guard throughout the country, with priority given to the southern border. REUTERS




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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

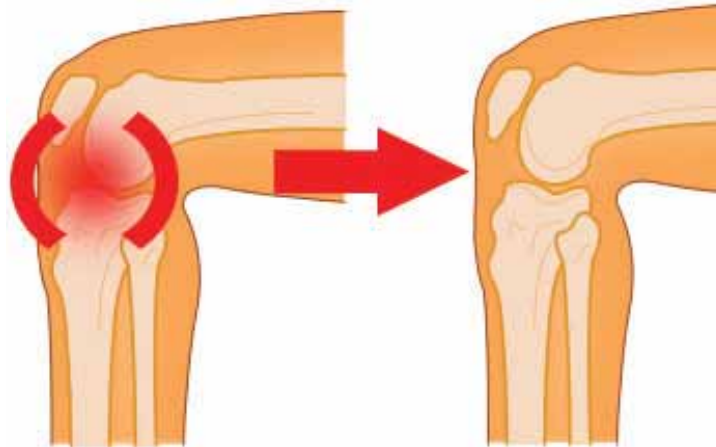
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com

877-296-6310



REUTERS

California utility to cut power to 27,000 customers

The shut-off includes parts of Paradise, which was destroyed by fire a year ago.

of wildfires after forecasters said a combination of strong winds, dry conditions and warm temperatures raised the fire danger.

Utility PG&E Corp. planned to proactively shut off power on Saturday to 27,000 customers in Northern California due to an increased risk of wildfires, officials said.

The shutdown was to begin at 9 p.m. local time in and around the Sierra Foothills, an area spanning parts of Butte, Yuba, Nevada, El Dorado and Placer counties northeast of San Francisco and near the border with Nevada, the utility said on Twitter.

The area includes portions of Paradise, the town that was destroyed by November's deadly wildfire known as the Camp Fire, which killed more than 80 people.

PG&E said this year it would significantly expand the practice of shutting off power to communities at risk of wildfire when conditions demand it, despite objections from some consumer advocates who said such disruptions can harm vulnerable people such as those who need electricity for medical equipment.

PG&E has been in touch with people in the affected areas who rely on power for their medical equipment, Adam Pasion, a spokesman for the utility, said in a phone interview.

"We certainly recognize the risk and are only doing this in the most extreme circumstances we feel that we need to," Pasion said.

Earlier on Saturday, the utility shut down power to around 1,600 customers just north of San Francisco, in Napa, Solano and Yolo counties, also due to the risk

"We certainly recognize the risk and are only doing this in the most extreme circumstances we feel that we need to."

Adam Pasion,
PG&E spokesman

But conditions improved, allowing the utility to begin restoring power to those customers, Pasion said.

The utility sought bankruptcy protection in January after facing billions of dollars in liabilities stemming from the Camp Fire, California's deadliest and most destructive wildfire in modern times.

\$16.5B

The Camp Fire leveled 19,000 homes and other structures and caused some \$16.5 billion in losses.

State investigators concluded that PG&E's power lines caused the fire, which leveled nearly 19,000 homes and other structures and caused some \$16.5 billion in losses. REUTERS

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Red carpet at the Tonys

"Hedestown" led the way with 14 nominations. **ALL IMAGES GETTY**



Jordan Roth.



Camille A. Brown.



Judith Light.



James Corden and Julia Carey.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

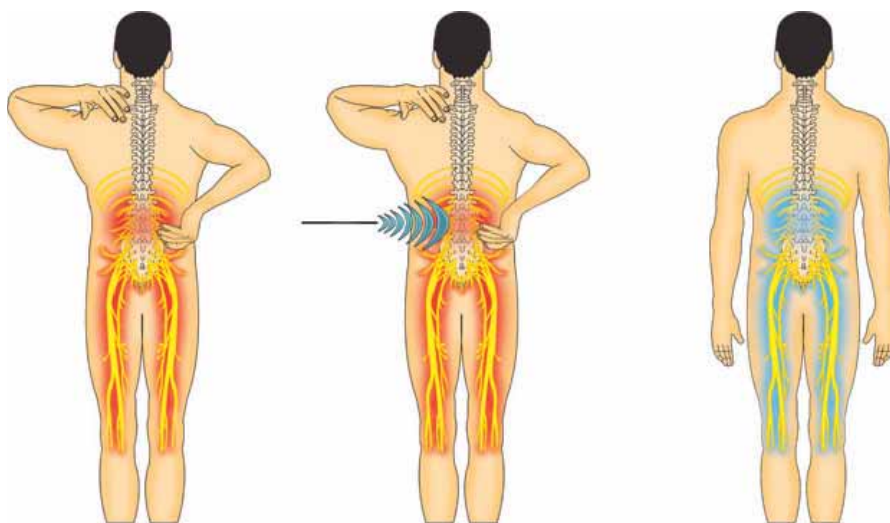
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgical center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD
Non Surgical Medical Relief For Spine & Joint Pain

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Extradition protest plunges Hong Kong into political crisis

The law would allow suspects to be sent to China to face trial.

Riot police surrounded Hong Kong's parliament early on Monday after what had been a peaceful million-strong protest against an extradition bill descended into running clashes between police and protesters.

Several hundred riot police armed with batons, shields, tear gas guns and pepper spray sealed off the Legislative Council as a similar number of protesters charged their lines shortly after midnight, Reuters witnesses said.

Police used batons and fired pepper spray at protesters, who still managed to close off part of a near-

by road. Several people on both sides appeared to be injured, and ambulances were called. Metal barriers were left twisted and torn in the clashes.

The Legislative Council is where debates will start on Wednesday to pass a new government bill that will allow suspects wanted in mainland China to be sent across the border for trial.

Earlier on Sunday, hundreds of thousands had jammed Hong Kong's streets to protest the bill in the biggest demonstration in years. Many said they feared it put the city's vaunted legal independence at risk.

The rallies — and the violence — plunge the global financial hub into a fresh political crisis, with marchers and opposition

leaders demanding the bill be shelved and that the city's Beijing-backed Chief Executive Carrie Lam resign.

After seven hours of marching, organizers estimated 1,030,000 people took part, far outstripping a demonstration in 2003 when half that number hit the streets to successfully challenge government plans for tighter national security laws.

A police spokesman said police estimated 240,000 were on the march "at its peak."

"She (Lam) has to withdraw the bill and resign," veteran Democratic Party lawmaker James To told crowds gathering outside the council and government headquarters in the Admiralty business district on Sunday night.



Demonstrators in Hong Kong hold yellow umbrellas, the symbol of the Occupy Central movement, during a protest to demand authorities scrap a proposed extradition bill with China. REUTERS

"The whole of Hong Kong is against her."

"She (Lam) has to withdraw the bill and resign."

James To, veteran Democratic Party lawmaker

As To spoke, thousands were still arriving at the march that started five hours earlier and filled four lanes of a major thor-

oughfare.

Some sat in a nearby park singing gospel standard "Hallelujah" even as ranks of riot police started to congregate.

Lam had yet to comment on the rally and the future of the bill, which could be passed into law by the end of June. She has tweaked the amendments but refused to pull the bill, saying it is vital to plug a long-standing "loophole."

The demonstration capped weeks of growing

outrage in the business, diplomatic and legal communities, and human rights groups, which fear corrosion of Hong Kong's rule of law and the lack of a fair and open legal system on the mainland.

The former British colony was handed back to China in 1997 amid guarantees of autonomy and various freedoms including a separate legal system, which many diplomats and business leaders believe is its strongest remaining asset. REUTERS

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Blood, sweat, no tears in 'office chair grand prix'

The rattle of tiny plastic wheels echoed through the normally sleepy streets of Hanyu on Sunday morning as the small city 60 kilometers north of Tokyo played host to the Japan office chair "Isu" grand prix.

Founded 10 years ago and inspired by Formula One and Le Mans endurance racing, the race sees teams of three battle it out on ordinary office furniture across two grueling hours to see who can complete the most laps of the 200-meter course.

Propelling the chair backward was the universal tactic employed by the racers, who were at least spared the added constriction of business dress, with competitors choosing their own outfits.

The three team members rotated during the race, Le Mans-style, to try and stay fresh, but in the dense summer humidity it proved a tough battle for even the most



Winners splash bottles of water during an awards ceremony at ISU-1 Hanyu Grand Prix. REUTERS

experienced racers.

The series, which started with a race in Kyoto in 2009, was the brainchild of Tsuyoshi Tahara and will feature at 10 different grand prix events across Japan this year.

"The origin of this

race came to my head when I saw a tricycle endurance race," Tahara explained to Reuters.

"Eventually I created the race, which we can hold on a street, three persons per team for two hours of endurance.

"I wanted to create

something no one has made before."

Tahara's idea has proved surprisingly popular, with 55 teams entering the Hanyu Grand Prix alone and hailing from as far away as Wakayama, 600 kilometers to the south.

The winning team, Kitsugawa Unyu, come from Kyoto and so had also traveled several hours with their chairs for the race.

Their reward was retaining the title they won last year and a prize of 90 kilograms

of local rice, which the "drivers" struggled to pick up such was their fatigue.

The endurance test had taken its toll on the participants but spirits remained high as tired bodies staggered away from the event.

"I was tricked [into doing it]," joked 45-year-old Satoru Taguchi, who formed a team with other fathers from his children's school.

"My body is badly sore."

Mayu Negishi, who had just enough energy left to dance at the closing ceremony, said the support of the crowd had helped greatly.

"So many people cheered for us every time we passed and came around the corners," said the 18-year-old.

"We were very touched. They are our fans and supporters."

The next Isu grand prix takes place in Iwate next month. REUTERS



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			2	8	4			
7	5					9		
				1	5		3	8
		5	4		7	1	6	
3							9	7

MEDIUM

	1	5		7			6	2
	9			4	6			1
	3					4		
			3	2	7	8		
		3	4	6	1			
		8					9	
3			7	1			2	
7	6			8		5	3	

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READER WRITE-INS:

TAKE OFF YOUR BACKPACK

We are all trapped together underground in a steel death trap that is barely staying on the tracks. So it starts pretty rough, but now headphones help a lot. A lot. But there is one more simple thing we can do: Take off your stupid backpack. I know it is your right to not care about anyone around you. But the thing is, if we all take our backpacks off, we will all have more room.

Remember, summer is basically here. This is not the time to be close together, trapped underground in a steel death trap when everyone smells particularly aromatic. Remove the bag, make room and you might not have an armpit in your face to start and end your day.

— Matthew Kulvicki, *Metro US* reader



ISTOCK

metro.us/horoscopes



Aries An open mind will help you see situations differently. Don't rule out what's possible due to fear of failure or the criticism you might face from demanding individuals.



Taurus You can make a change if you use your intellect, connections and experience to your advantage. If you show strength and conviction, onlookers will respect and support you.



Gemini New beginnings are favored. Take pride in your appearance and actions. Refuse to let anyone meddle in your affairs or tamper with your emotions.



Cancer Diligence will come in handy when making changes at home that will influence your daily routine. You'll receive accolades from those who benefit from your insight and updates.



Leo Generosity can be costly. Emotionally motivated spending is not an option, nor is trying to buy someone's love. Put your wallet away and offer kindness and understanding. Bring joy to others through laughter.



Virgo Simplicity will be useful when dealing with loved ones and making personal adjustments. If you are honest about what you want to see happen, you'll get the help you need.



Libra Personal growth will help you realize what you want and how to go about making it happen. Question what you are doing and why, and change situations that are no longer suitable.



Scorpio Live and learn. Experience is the spice of life, and it will help point you in a direction that will make you happy. Stay on top of current trends and keep moving forward.



Sagittarius If someone plays with your emotions, walk away. Look for people and partners who are not intrusive. Call the shots instead of putting up with unnecessary interference.



Capricorn A change at home will turn out better than anticipated. Do the preliminary work and save a bundle. Loved ones will pitch in and help once they see your plans kick into gear.



Aquarius An opportunity will arise for something you want to do. Don't hesitate or let anyone interfere. Take action and do whatever is necessary to pursue your goal.



Pisces Your input will be welcome if you volunteer your time or services. Someone you meet will offer suggestions that will help you expand your interests, skills and relationships. EUGENIA LAST

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LIFESTYLE



'Men in Black' Hemsworth and Thompson suit up for fourth installment

The "Men in Black" are back — wearing the same suits and sunglasses but different faces.

Actors Chris Hemsworth and Tessa Thompson flew to Moscow to launch the fourth installment of the science-fiction franchise originally starring Will Smith and Tommy Lee Jones, which pits suited agents against aliens disguised as humans on Earth.

In "Men in Black: International," the "Avengers" star and "Creed" actress play Agent H and Agent M, who have to find a mole in the organization. As in the other installments, cars and gadgets take center stage.

"We had this pretty cool souped-up Lexus that we got to drive which has all sorts of gadgets and the ability to ... fly across water and fly up walls and all sorts of things," Hemsworth told reporters on Thursday.

"And then there was this old classic Jag (Jag-

"We had this pretty cool souped-up Lexus that we got to drive which has all sorts of gadgets and the ability to ... fly across water and fly up walls and all sorts of things,"

Chris Hemsworth

uar) that just looked like a classic beautiful car but again, all the weapons ... come out of the exhaust pipe and the side-view mirror and so on, so that was pretty awesome."

Thompson paid tribute to Smith. "The first ['Men in Black'] film marks his real entry into global stardom and I think now we can take it for granted because there are a lot of people of color in Hollywood but he was really ... one of the first."

The agents try to keep Earth's alien population a secret from humans, and use neuralyzer devices to wipe people's

memories if they see too much.

Given a real neuralyzer, "I'd probably attempt to ... forget all the wonderful films that I'd watched over the years, that I grew up on, and erase them and experience that joy all over again," Hemsworth said.

"Certain films ... I've seen 10, 15 times and still love them but wish I could have that very first impression and experience again."

The movie, which hits cinemas from next week, also stars Liam Neeson and Emma Thompson, who featured in "Men in Black 3."

REUTERS



Chris Hemsworth poses for a selfie with a dog. REUTERS

Blonde Redhead keep coloring outside of the lines

We spoke with the band's drummer, Simone Pace, ahead of their show in Industry City this Friday.



PAT KING
patrick.king@metro.us

Since cutting their teeth in New York in the early '90s, Blonde Redhead have remained one of indie rock's great bar-raisers. The three-headed Hydra created by Japanese-born singer Kazu Makino and Italian twin brothers Amedeo and Simone Pace has formed one of the most malleable bands from that era when rock bands on the fringes were coloring well outside of the lines.

The band started out playing noisy and minimalist rock that was



GETTY IMAGES

influenced by post-punk and the No Wave scene that captivated peers such as Sonic Youth and Unwound. The band's name comes from a song title by the Lower East Side No Wave pioneers DNA. Through nine full-length records and over 25 years of being a band, Makino and the Pace

brothers — Amedeo on guitar and vocals, Simone on drums — have elevated their sound from their gnarly beginnings to incorporate elements of pop, electronic music and krautrock all while staying true to their identity and remaining as captivating and vital as ever.

"Time is helping a little a bit because you grow and you learn, and also as a band," says Simone Pace. "I don't think our integrity toward our music decreases in any way, at least we try not to. We have nothing to lose because at this point I don't think we'll have a

hit record any time soon [laughs]. So we don't think about things like that. We always think about, what's the best thing that we can do? What feels right for us? And then we do it. I feel lucky that the three of us are so different in so many ways that we contribute to the music in a

different manner."

As for the expansive sonic map the band has created over the years, Pace believes the band was forced to catch its creative spark due to the limits of being a tight trio and for — in his words — their limited abilities as musicians. But sometimes, some of the best art comes from throwing everything you have against the wall, no matter how proficient you are.

"As musicians, I think we feel kind of limited," Pace explains. "It's not like we feel we're very good. We see other musicians play and we get very insecure. I don't think we feel like we are that good, but I think maybe that is our strength because it forces us to do things that are more creative just because we don't have

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that ability. We rely on that part of ourselves and we embrace it. I don't think we fight it because when we start playing, something more important comes into play, which is the coherence between the three of us. That is very strong between Amedeo and I, because we are twins, and also with the three of us and Kazu, because she is special in her own ways. But sometimes I am embarrassed because we are so bad."

Over the past few years, the band has been looking back on their career as a whole, with an extensive box set of their early material put out by Chicago-based archival label Numero Group titled "Masculin Feminin" and different runs of shows where the band performed their classic albums "Melody of Certain Damaged Lemons" and "Misery Is a Butterfly" in full. But while they have taken time to reflect on the work they have done, Pace assures that the main goal has always been to keep creating and pushing toward

new territory.

"Kazu hates looking back [laughs]," Pace says. "Out of the three, I think maybe I'm the one who has collected more things from the past than anybody. 'Misery' we really wanted to do with strings just because we never had a chance to. We met with ACME [string quartet] and it seemed like a really amazing thing to work on at the time, and it was really great to do it. But when we had to do 'Melody of Certain Damaged Lemons,' we were asked if we could do that. So, it gets a little weird when people start thinking, 'Oh, we would love if you could do this record or that record.' But sometimes we say yes because it's a challenge also to learn old songs again and find a way of playing them now because it's been so long. But it's more refreshing to look at the future and it's more exciting to think about the new songs. After a certain amount of records or years together, I wonder if people think that you should choose, but

we never feel like that."

The band is choosing not to rest on its laurels as it was announced that Makino will be releasing her first-ever solo album, "Adult Baby," later this year. As for the band, fans can expect some new material in the not-so-distant future.

"We're working on a new record right now," says Pace. "We went to Italy for 10 days to record and it started out as a demo but then it was going pretty well so we ended up keeping some of the ideas. The record is pretty much ... not done, but the songs are there. So now it's a question of finding a way of developing and recording them, what kind of instruments, and getting deep into the production and the making of them."

Before the new record arrives, Blonde Redhead will be playing a show in Industry City this Friday, June 14, as part of the City Farm Presents concert series. For tickets and more information, head over to cityfarm-presents.com/summerseries.




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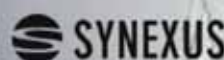
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What does the set include?

This advanced Lego set features a detailed replica of the Eagle lunar lander with separate ascent and descent stages, plus a depiction of the lunar surface with crater, footprints and a U.S. flag. The ascent stage features a detailed interior with room for two astronaut minifigures. [more](#)



The set includes two astronaut minifigures with NASA emblem and golden helmets. [ALL IMAGES LEGO](#)

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EDUCATION

The history of mankind, told through cities

EDWARD RUTHERFURD

The English writer has managed to catch the attention of thousands of readers by telling of the past in an attractive and unique way.

LUZ LANCHEROS
letters@metro.us

When talking about the History of Humanity in capital letters, we usually think about some dates, big names. But we forget that it forms part of our present and future, and that it defines us, because those who made it were thousands of men, women and children who once lived in their cities and created language, culture and memory.

This is what the writer Edward Rutherford (real name Francis Edward

Wintle) describes in his series of epic historical novels which span long periods of history but are set in particular places. His books set in London, Sarum, New York, Paris and countries such as Russia tell a story — which sometimes seems cyclical — through buildings, music and people.

Metro spoke with Rutherford to learn more.

Why did you pick these cities and places to tell the stories?

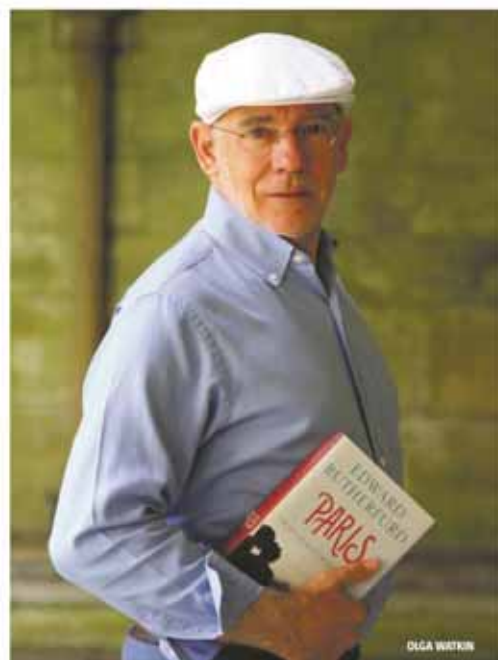
Well, there are places with which I've had some personal connection. Sarum, in England, is the place where I was born and where my childhood developed. Russia was where my grandfather used to live, and I was fascinated by this place. London is supposed to be the one I know best,

where I worked and had a lot of happiness as a young man. If we talk about cities, I lived in New York for a while and my children grew up there. That meant a lot to me.

There is a little girl from India in the "New York" book who starts the book, and another girl who continues it. They reflect the relationship I have with my daughter. It is very emotional. My friends also come from immigrant families, so I was inspired by that when trying to describe immigration. Now, if we talk about the books of Ireland, I spent a lot of time there and wrote about this place for my Irish friends. At the beginning I thought of only one book, but two came up because there was a lot of material. If we talk about "Paris," part of my family is French. I have

14 cousins living there. **Which city represents the future for you?**

Probably New York. By the 1950s, New York had the electrical industry and the port. There was the world of small factories, the "West Side Story." Then they left, and the city became a financial center — and something amazing happened. People love being in a vibrant city full of culture. They want to live there, and the companies started coming back. They have to do something about housing, because the prices are ridiculous. But you'd be surprised how quickly things change. Thirty years ago it was not like that. The city will become an even bigger epicenter of the industry. And it will be the center of culture and society because it is a fun place to be.



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With college acceptances in hand, now comes the hard part: understanding your financial aid offers.

These letters are notorious for being laden with jargon that differs from offer to offer, making comparison difficult. But you can learn how to interpret award letters to understand the costs and choose an affordable option.

What to expect from aid offers

Financial aid offers should include all of the



federal, state and school aid you can access. That could mean free aid, such as grants, scholarships and work-study opportunities, that doesn't need to be repaid, and unsubsidized and subsidized federal loans, which do. If these aid types are grouped together without explanation, they can be hard to distinguish.

Your offer also might include a parent PLUS loan as part of the award, but avoid using it if possible. These loans have higher interest rates than loans made directly to students. And unlike typical student loans, only parents can take them on, and they require credit history to qualify.

Schools also must provide the cost of attendance, but that's not the amount you owe. It bundles indirect costs like books, supplies and transportation, with direct costs such as tuition, fees, housing and food.

The cost of attendance is usually an average, says Brenda Hicks, director of financial aid at Southwestern College in Winfield, Kansas. Things like room and board could be pricier if you opt for a more expensive package, like a single room.

Why offers are difficult for students to read

Schools use different names to refer to the same type of loan. For instance, one college's aid offer might list a "Federal Unsub Stafford Loan," and another school's might say "DL

Unsubsidized Loan." But they're the same thing.

Unsubsidized federal student loans are the only type of federal loan every student can access, regardless of financial need. They're different from subsidized loans, which don't accrue interest while the student is in school. Subsidized loans ease costs for students, which is why they're given to those who demonstrate need.

But among 455 college aid award letters, there were 136 different names used to describe the federal unsubsidized loan, according to a 2018 study by New America, a nonpartisan think tank, and uAspire, a Boston-based college affordability nonprofit.

"How can we expect families and students to navigate this process if even the aid that everyone qualifies for is called something different?" says Rachel Fishman, deputy director for research with the education policy program at New America.

There are two main obstacles for colleges in standardizing offers, according to Fishman: There's no legal standard for language in award letters, and schools use different software to manage aid.

In a push for more consistency, the U.S. Department of Education recently issued guidance on what schools should avoid, such as presenting the cost of attendance without a breakdown. There's also bipartisan support in Congress to

make aid offers more uniform, including two current bills.

Some colleges have tried to address the problem, but others continue to use the same format they've used for years, says Brendan Williams, director of knowledge at uAspire.

How to compare financial aid award offers

To compare financial aid award offers, experts recommend these steps:

Create a spreadsheet with separate columns for each school.

Under each column, start with the total cost of attending each school.

List each award type and amount.

Add all free aid together first and subtract from the total cost to attend.

Since you want to take all free aid first, what you have left is the amount you would need to cover with savings, income or loans. Compare this bottom-line amount with other schools on the list.

You can also use tools like the Consumer Financial Protection Bureau's Compare Schools tool or the National Association of Student Financial Aid Administrators' Award Notification Comparison Worksheet.

If it's unclear how to accept one type of aid or reject another, contact the school's financial aid office.

This article was written by NerdWallet and was originally published by The Associated Press. ANNA HELMHOSKI

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JOE PANTORNO
joseph.pantorno@metro.us

A 20-year wait for the Italians was quickly forgotten on Sunday when Le Azzurre provided the first upset of the Women's World Cup with a 2-1 victory over Group C favorites Australia.

Barbara Bonansea recorded a second-half brace (both goals) for Italy, the winner coming in the final minute of stoppage time. It's Italy's first win at the World Cup since a 2-0 group-stage triumph over Mexico in 1999.

Australia grabbed an expected opener in the 22nd minute when Sam Kerr finished a rebound off

a saved penalty pushed out well by Italian goalkeeper Laura Guliani.

The Italians grabbed the equalizer in the 56th minute when a mistake on Australia's backline delivered Bonansea with clear space down the left wing. The forward meandered toward the middle of the box and slotted a shot while falling into the far corner.

Australia dominated most of the match with 57 percent of the possession while outshooting Italy, 17-5. Le Azzurre, however, were far more efficient with the chances they created as they shockingly sit amongst the top half of Group C after Matchday 1.



BRAZIL 3-0 JAMAICA



Order was restored in Group C just hours after Italy's upset of Australia.

The other group favorite, Brazil, cruised to a 3-0 victory over tournament newcomers Jamaica to start their World Cup in style.

After an eight-year wait between World Cup goals, Brazil's veteran forward Christiane recorded a hat trick to provide the Canarinhas with all the firepower necessary.

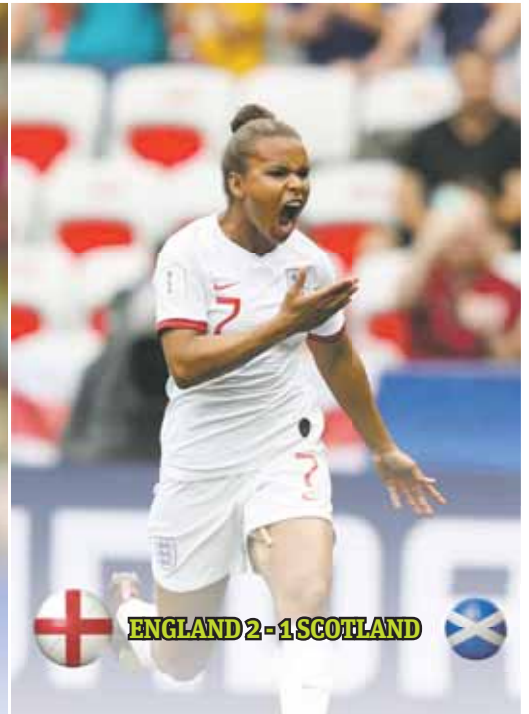
The trio of tallies were the eighth, ninth and 10th career goals at the World Cup for the 34-year-old, who plays her club soccer with Sao

Paolo in Brazil.

She opened the scoring in the 15th minute with a powerful header that left Jamaica keeper and New Jersey native Sydney Schneider with no chance.

The last line of Jamaica's defense was sterling despite conceding three goals on the day, making three saves including a penalty stop on Andressa in the 38th minute.

Christiane recorded her next two goals in 14 minutes during the second half, including a breathtaking free kick in the 64th minute to clinch a solid opener for the Brazilians.



ENGLAND 2-1 SCOTLAND



The opening match of Group D play provided a glimpse at one of the oldest rivalries in soccer as England hang on to a 2-1 victory over Scotland to close out Sunday's slate of games.

England got off to a fast start, taking a 2-0 lead in the first half.

A VAR-prompted handball led to Nikita Parris slotting in her first-ever World Cup goal from the penalty spot. The 25-year-old was voted England's top women's soccer player of the year by the Football Writer's Association in April after a brilliant campaign with Manchester City.

Ellen White doubled

England's lead in the 40th minute after curling a left-footed effort sublimely past Lee Alexander to seemingly put the Three Lionesses in the driver's seat.

Scotland, making its World Cup debut, made things interesting in the closing stages of the match as England attempted to close things out.

A turnover led to Claire Emslie powering her way through the England defense to record Scotland's first-ever goal at the World Cup in the 79th minute. But that was as close as they would come to stealing a point on Sunday.

Women's World Cup preview: Group E

GROUP E

CANADA vs. CAMEROON: TODAY, 3 PM ET (FS1)
N. ZEALAND vs. NETHERLANDS: TUE., 9 AM (FOX)
NETHERLANDS vs. CAMEROON: 6/15, 9 AM (FS1)
CANADA vs. N. ZEALAND: 6/15, 3 PM (FS2)
NETHERLANDS vs. CANADA: 6/20, NOON (FOX)
CAMEROON vs. N. ZEALAND: 6/20, NOON (FS1)

 CANADA	 CAMEROON	 NETHERLANDS	 NEW ZEALAND
ODDS TO WIN WORLD CUP +2000	ODDS TO WIN WORLD CUP +40000	ODDS TO WIN WORLD CUP +6600	ODDS TO WIN WORLD CUP +12,500
BEST FINISH AT A WORLD CUP 4th (2003)	BEST FINISH AT A WORLD CUP N/A (1st WC appearances)	BEST FINISH AT A WORLD CUP 14th (2015)	BEST FINISH AT A WORLD CUP 11th (1991)
PLAYER TO WATCH  Christine Sinclair	PLAYER TO WATCH  Michaela Abam	PLAYER TO WATCH  Jackie Groenen	PLAYER TO WATCH  Abby Erceg



Todd Frazier's hot streak continued on Sunday with a home run and four RBIs.

Thor, Frazier power Mets to series win vs. Rockies

Mets win their second straight series in blowout of Rockies.

REUTERS
sports@metro.us

Noah Syndergaard allowed just one hit over seven scoreless innings and Todd Frazier homered and drove in four runs as the host New York Mets beat the Colorado Rockies, 6-1, on Sunday afternoon.

The Mets took the final two games of the three-game series. The Rockies have dropped four of six since an eight-game winning streak.

Syndergaard (4-4) walked two and struck out seven. The only hit he allowed came leading off the second inning, when Nolan Arenado

hit a ball between first and second that glanced off the glove of second baseman Adeiny Hechavarria, who had to range far to his left.

The victory snapped a four-start winless streak for Syndergaard, who retired the final seven batters he faced before Jeurys Familia threw a perfect eighth. The Mets were within one out of the 40th one-hitter in franchise history when Hector Santiago gave up an RBI double to David Dahl. The hit scored Charlie Blackmon, who walked with one out.

The Mets produced all the offense they'd need during a nine-pitch span to open the game against Rockies starter Jeff Hoffman (1-3). Amed Rosario led off with a single and went to third on Michael Conforto's double. One out later, Frazier homered to left.

Carlos Gomez added an RBI single in the fourth before the Mets scored twice more off Hoffman in the fifth, when Frazier laced a two-out RBI double and scored on J.D. Davis' triple. Frazier is batting .338 with four homers and 13 RBIs in his last 22 games.

Conforto had two hits for the Mets while Rosario, Gomez and Hechavarria all stole a base. Hechavarria was playing in place of Robinson Cano, who was placed on the 10-day injured list before the game due to a strained left quad. It is the second trip to the IL for the ailment this season for Cano.

Hoffman, who grew up near Albany in upstate New York, allowed six runs on seven hits and two walks while striking out seven over 4 2/3 innings.

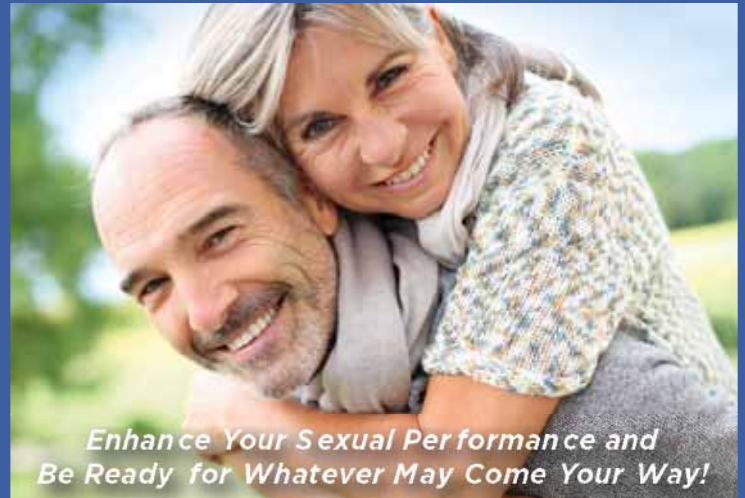
Hicks double helps Yanks pull out win



Aaron Hicks' 10th-inning double lifted the Yankees to a 7-6 win over the Cleveland Indians on Sunday afternoon. It salvaged a difficult road trip in which the Bronx Bombers went 2-4 in Toronto and Cleveland. Up next? A two-game Subway Series at home against the Mets. GETTY IMAGES

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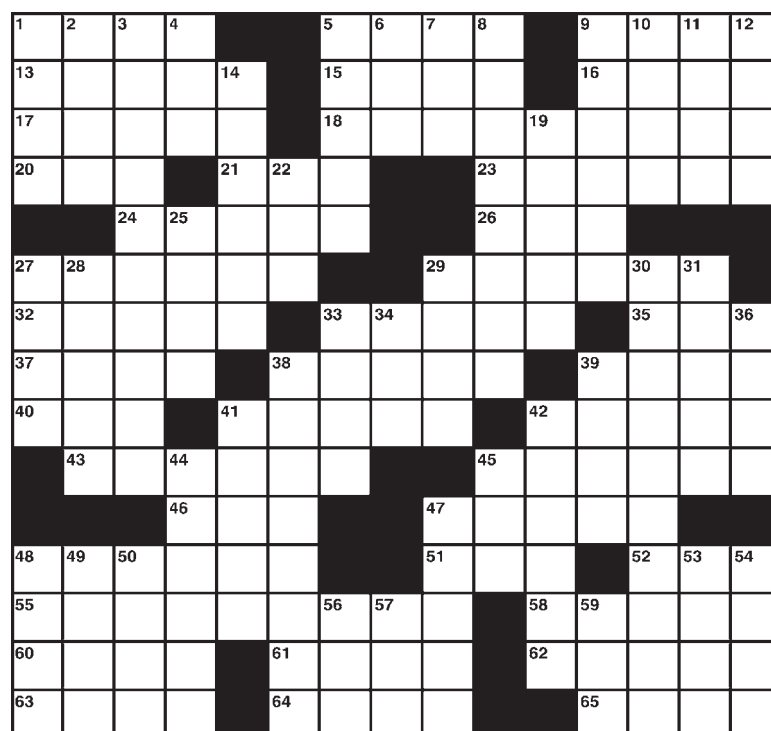
1 ___ on the wrist; gentle reprimand
5 Adriatic & Black
9 Con game
13 Part of the leg
15 Long-eared animal
16 Vagabond
17 Hot coal fragment
18 Critter with an armor shell
20 Golf term
21 Actor Steiger
23 Begin to relent
24 Author Brontë
26 Strike
27 Resuscitate
29 Unwanted nasal growths
32 Upper crust
33 Journal
35 Rip off
37 ___ as a pancake
38 Sicker than before
39 Long sandwich
40 All ___; fully prepared
41 Basins

42 Flings
43 Move around to get comfy
45 Songbird
46 "If I ___ a Hammer"
47 Wetland
48 Like Jacuzzi waters
51 Little jump
52 Crony
55 French town known for its lace
58 Eat away at
60 Rubber tube
61 Stable newborn
62 Composer Franz ___
63 2019, for one
64 Catch sight of
65 Flying insects

DOWN

1 "___ on it!"; cry to a swiftpoke
2 Peru's capital
3 Shorten
4 Bakery buy
5 Disreputable
6 Ossicle's location
7 Upper limb
8 Coast
9 Cagey; devious
10 Indianapolis athlete

11 Competent
12 Night light
14 Show up
19 Tiny lacy mat
22 "Grand ___ Opry"
25 Catcher's glove
27 Boxing officials
28 Actress Burstyn
29 Go by
30 Assume
31 Out of ___; irritable
33 Finished
34 Annoy
36 "Nonsense!"
38 Feral mammals, birds & fish
39 Hurt
41 Begin
42 Small church
44 Black eye
45 Siesta hour
47 In a bashful way
48 Sore
49 Oxford or loafer
50 "Fuzzy Wuzzy ___ bear..."
53 Cutting tool
54 "Why don't we!"
56 ___ Alamos, NM
57 Drink like Fido
59 Curved bone



BY TCA

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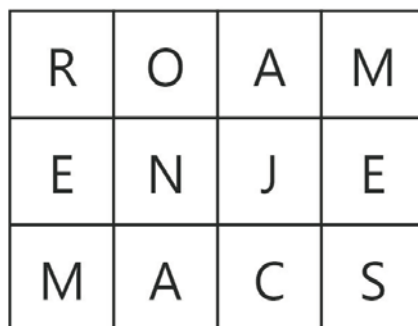
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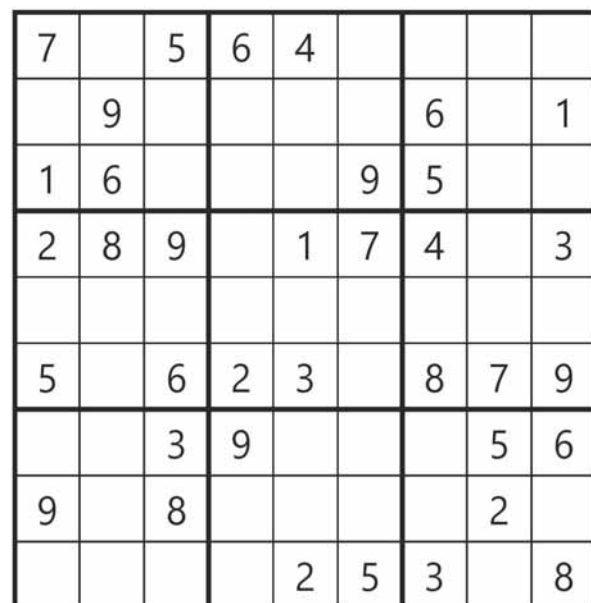
Blade
Cage
Fatality
Goro
Johnny

Kang
Kombat
Liu
Mortal
Raiden

Reptile
Scorpion
Sonya
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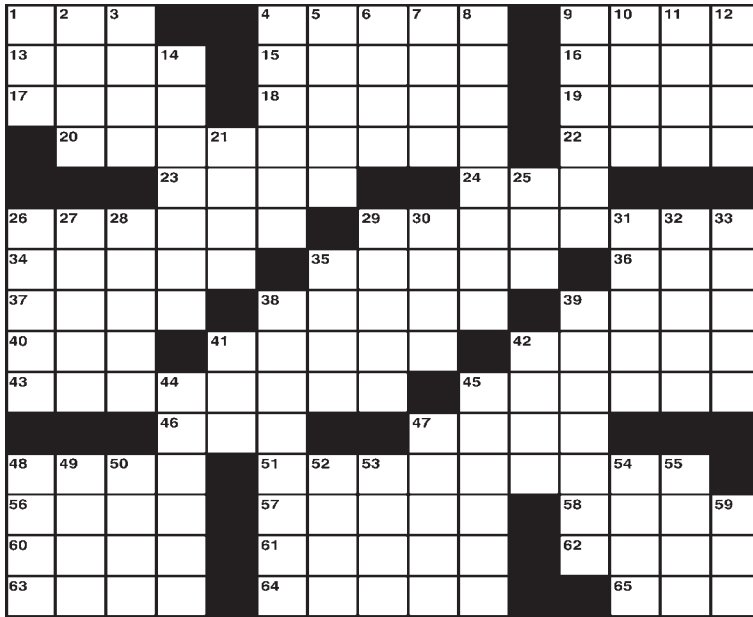


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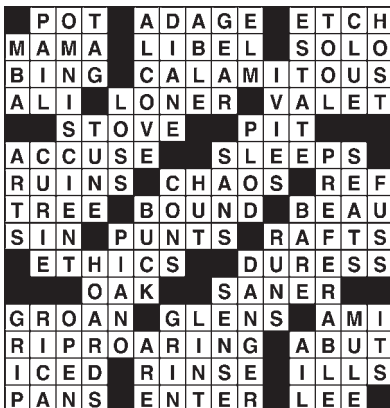
1 Source of quick cash
4 Caffè __; Starbucks order
9 Where goatherds yodel
13 Fanny
15 Singer __ Lavigne
16 "Old King __"
17 Lose color
18 Passed out cards
19 Bit of evidence
20 Geometric figure
22 Shade trees
23 Flat caps
24 Tear
26 Regal seat
29 Hewlett-Packard machines
34 At all __; anytime day or night
35 Get an "F"
36 Battery size
37 Up in __; irate
38 Part of a fork
39 End-of-the-work-week cry
40 Wedding words
41 Tries to lose
42 One of the vital signs
43 Vipers
45 Occupation

46 On one's __; independent
47 Make fun of
48 E's followers
51 Divvy up
56 Gehrig & Ferrigno
57 Punctuation mark
58 Highly self-satisfied
60 Suffix for adapt or avoid
61 Not tight
62 Conceal
63 Feral
64 Parent or grandparent
65 Israel's __ Aviv

DOWN

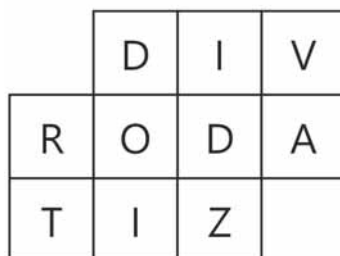
1 Cry from Annie's dog
2 Eye secretion
3 Created
4 Strasbourg señora
5 Kilns
6 Rugged cliff
7 "The Fool on the __"; Beatles song
8 Modifying
9 Agree to take
10 Lounge about
11 Small fruit
12 Beholds
14 Men of the cloth
21 Sunbathes
25 Cuttlefish secretion
26 Bangkok folks
27 Teeming crowd
28 Bit of gossip
29 Cemetery divisions
30 Gallops
31 Bird of prey
32 Lift up
33 TV's Morley
35 Guitar ridge
38 Highest point
39 Language heard in Ankara
41 Mountain __; soft drink
42 Treaty
44 Self-confident
45 Just around the __; imminent
47 Antlered animal
48 Defect
49 Mongolian desert
50 Ship's frame
52 Combine, as funds
53 Walk with heavy steps
54 Leave out
55 Unclothed
59 Vaseline, e.g.

Yesterday's Answers



wander words

Category: Athlete



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